



SWIM SMART: DIVE INTO WATER SAFETY!

Who doesn't love playing in the water? New Jersey has plenty of it—there's 141 miles of beaches! Water parks, lakes, rivers, and thousands of backyard pools all over the state are filled with those seeking to enjoy the warm weather and cool off in the water. But water is inherently dangerous, and especially when we add kids to the mix things can get very hectic very quickly.

Follow these water safety tips to make it a fun and safe summer!

- Swim in designated areas supervised by lifeguards. Always swim with a buddy; do not allow anyone to swim alone.
- Provide close and constant attention to children you are supervising, even when a lifeguard is present, no matter how well the child can swim or how shallow the water. Avoid distractions including cell phones.
- Never leave a young child unattended near water and do not trust a child's life to another child; teach children to always ask permission to go near water.
- Designate a "water watcher" whenever in a group setting.
- Have young children or inexperienced swimmers wear U.S. Coast Guard-approved life jackets around water, but do not rely on life jackets alone.
- Do not rely on the use of water wings, swim rings, inflatable toys or other items designed for water recreation to replace adult supervision.
- Many children who drown in home pools did so during non-swim times – when they weren't expected to be in the water.

RECREATIONAL WATER ILLNESSES (RWIS)

RWIs are caused by germs spread by swallowing, breathing in mists or aerosols of, or having contact with contaminated water in swimming pools, hot tubs, water parks, water play areas, interactive fountains, lakes, rivers, or oceans. As a result, some people may develop infections in the gastrointestinal system, skin, ears, respiratory system, eyes, neurological system, and wound infections. To lessen your chances of contracting these infections, follow these steps to healthy swimming:

- Don't swim when you have diarrhea.
- Don't swallow swimming water and avoid getting it in your mouth.
- Practice good hygiene by showering with soap before swimming and washing hands often (especially after using the bathroom or changing a diaper.)
- Take children for regular bathroom breaks and change diapers often.
- Wash children thoroughly with soap and water before swimming. Invisible amounts of fecal matter can contaminate a swimming area.

For more information on water safety, visit: nj211.org/summer-safety



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